election results
Now...what does it mean for you?
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NEWS TALK SPORTS

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DEMI HOME ALONE AS ASHTON MOVES OUT

{page 15}

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Weekend, October 7-10, 2011
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News worth sharing.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Liberal leader Dalton McGuinty watches results from the Ontario election with his daughter Carleen in Ottawa last night. McGuinty overcame palpable voter anger at a string of broken promises over higher taxes to out -manoeuvre his Progressive Conservative rival, Tim Hudak.

▶ Liberal Chris Bentley ▶ Liberal Deb Matthews ▶ Tory Jeff Yurek ▶ New Democrat Teresa Armstrong

McGuinty makes it three-peat

◗ Liberals win third straight term ◗ Premier, Hudak and Horwath easily win their ridings

DECISION ONTARIO

Premier Dalton McGuinty defied pre-campaign predictions as he eked out a third-straight government on Thursday, a feat no other Liberal had pulled off in Ontario in more than a century.

At press time, the Toronto Star had declared a minority government for McGuinty's party.

In London's four ridings, two incumbent Liberals are back but two rookies will also be representing the NDP and Tories at Queen's Park. Here are the local results:

London West: Liberal Chris Bentley claimed his third consecutive seat in provincial parliament on Thursday.

"I am absolutely delighted with the result," Bentley said as he thanked his supporters. "At the end of the day, campaigns really are about a lot of hard work."

London North Centre: Liberal Deb Matthews is going back to Queen's Park. With 206 of 252 polls reporting at press time, Matthews earned 12,761 votes Thursday.

London-Fanshawe: New Democrat Teresa Armstrong is a new voice at Queen's Park for London. A registered insurance broker, Armstrong has worked in the insurance field for the past 22 years.

Elgin-Middlesex-London: The first local candidate elected Thursday night, Jeff Yurek won this seat easily for the Progressive Conservatives. Born in St. Thomas and a graduate of the University of Toronto, the first-time MPP is a co-owner and pharmacist at Yurek Pharmacy and a teaching associate with the U of T. ● METRO/WITH FILES FROM THE CANADIAN PRESS/TORSTAR NEWS SERVICE

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1 news

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3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

A day after Steve Jobs' death, impromptu memorial sites sprung up outside Apple stores in Toronto and Montreal. Video at metronews.ca/video

Follow us on Twitter @themetrolondon

Wavering future for theatre

Assets will likely be sold at an auction to someone south of border

ANGELA MULLINS
@METRONEWS.CA

One thing's for sure.

Dale Henderson has called it quits with the London City Music Theatre.

"It's a big shell of a building now," he said Thursday.

What happens next seems to be up in the air.

While Henderson is convinced the Western Fair District performance hall will be torn down for parking, Hugh Mitchell, the district's executive director, said that's not necessarily the case.

"We are looking for a suitable tenant to compliment our brand," Mitchell said in a statement about the building's future.

Henderson's lease with the district expired Tuesday, but he had decided months ago that he wanted out. Henderson leased the former IMAX theatre in 2006 and poured more than $1 million into it, hoping to make the venue London's first choice for performing arts.

That didn't happen — something Henderson blames partially on poor marketing — and he started looking for someone to buy his assets and take over his lease.

Several people expressed interest, Henderson said, but none of the deals went through.

"For no money at all, the city could have had a performing-arts centre.... They could have had one, but they're not interested.

DALE HENDERSON, CITY COUNCILLOR AND PRESIDENT OF THE FORMER LONDON CITY MUSIC THEATRE

The lighting, video system and other upgrades are now sitting in a storage unit. They've been appraised for auction at $300,000, he said.

Much of what Henderson put in the building was bought secondhand. It would cost millions to replace it now that's been torn out, he said.

Plus-size. Fungus

▶ A giant puffball mushroom looms in the foreground as Rick Conelissen, owner of Eco-Logic farm in Aylmer, waits on Londoners Gwen Barta, 49, centre, and Libby Watson, 53, on Thursday at the Covent Garden Market.

ANGELA MULLINS/METRO

Slicing up a sizable 'shroom

The mushroom, weighing in at 11 kilograms, attracted a lot of attention during the morning market rush. Rick Conelissen's son found it, along with a few smaller ones, growing in an isolated part of Alymer. Giant puffballs weighing up to about 20 kilograms have been found elsewhere. Conelissen was selling slices of the mushroom on Thursday.

RIDE out as holiday season begins

London police will be out in full force this long weekend looking for people who may have had a little too much fun.

Designated RIDE programs will operate through Monday. While Thanksgiving isn't one of the biggest party weekends, it does bring its fair share of drunken drivers.

"It's a family-and-friends gathering and often that involves alcohol and long travel," said Sgt. Tom O'Brien, head of the London police's traffic management unit.

It also marks the start of the holiday season. Since 2002, London has posted the most traffic-related fatalities the last three months of the year, O'Brien said. ANGELA MULLINS

Police say ...

- No specific areas will be targeted for RIDE programs.
- Drivers who consumed alcohol at family dinners cause one of the biggest concerns.
- Inattentive drivers, speed and alcohol create the majority of problems.

News in brief

Serial sex offender pleads guilty

SENTENCED. A 42-year-old man, still facing charges in connection with sex-related offences involving a young girl in London, has been sentenced for molesting two other children.

Daniel Swarath, who lives in London, pleaded guilty Wednesday to sexually assaulting two girls in Sarnia between 1996 and 2000. He was sentenced to nine months in jail, but will spend no additional time behind bars due to credit for time already served.

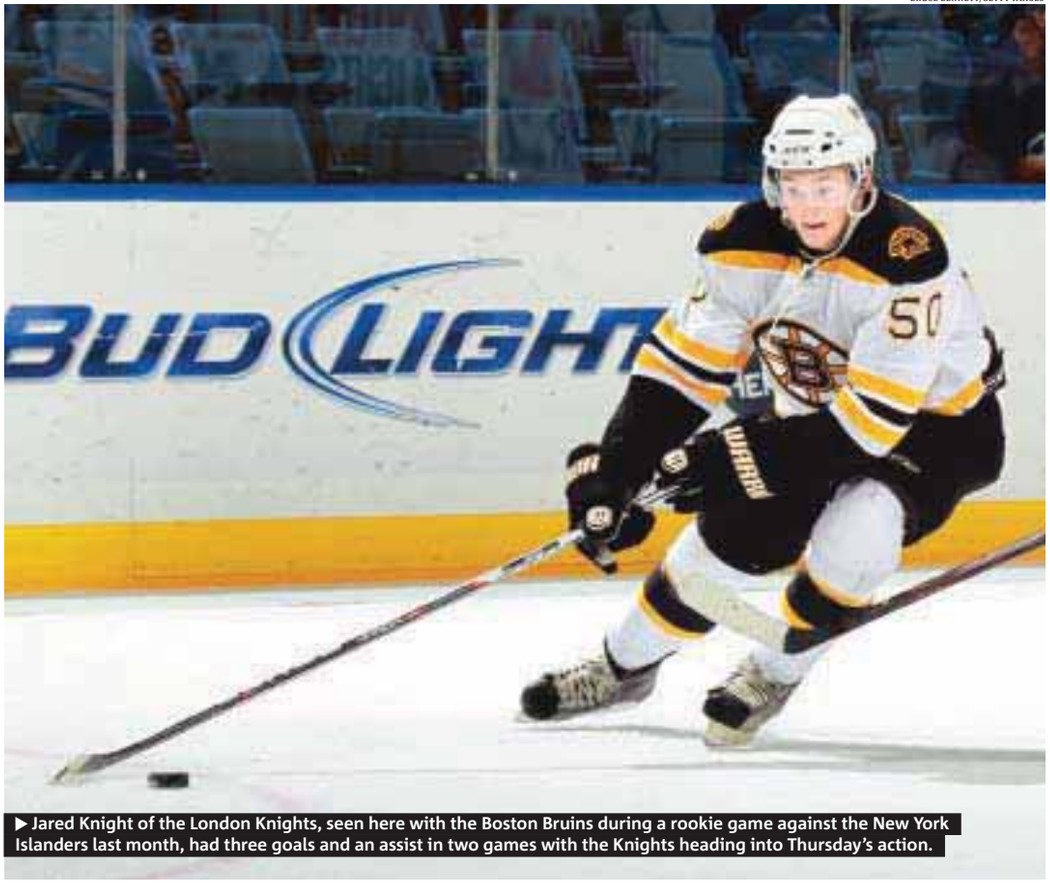
This is the fifth time Swarath has been convicted of sex crimes against children.

AM980/AM980.CA

Meet Jared, the fittest Knight in Forest City

According to teammates and coaching staff, the Bruins' 2nd-round pick is the best-conditioned player on London's junior squad

BRUCE BENNETT/GETTY IMAGES



▶ Jared Knight of the London Knights, seen here with the Boston Bruins during a rookie game against the New York Islanders last month, had three goals and an assist in two games with the Knights heading into Thursday's action.

MIKE ARSENAULT
LONDON@METRONEWS.CA

A generation ago, most hockey players showed up to the first day of training camp and skated their way into shape. They used the strictly on-ice sessions to get rid of any softness around their midsections that developed over the summer.

Not anymore.

Players like London Knights forward Jared Knight come into camp these days with cords of thick muscle that would put the "round is a shape" players of yesteryear to shame.

"First and foremost, there's 68 games, so the (regular) season is definitely long and you need to have a body that can hold up (and) withstand the wear and tear that goes on," Knight said. "It all starts in the summer, and you have to really work hard."

"The fitter you are, the longer you're going to live. You feel a lot better about yourself when you're eating well and you're exercising."
KNIGHTS FORWARD JARED KNIGHT

A second-round draft pick of the Boston Bruins in 2010, Knight puts himself through an imposing summer training regimen.

"I wake up and I'm usually in the gym by six o'clock. I have a workout and then I usually go home and sleep," Knight said. "I'll have an on-ice session or another workout in the gym in the afternoon — one or two workouts a day with an ice session four times a week."

The volume decreases considerably during the season, so Knight doesn't suffer unnecessary fatigue or burnout.

"In season, you're just trying to maintain — you can't go in there and squat with 500 pounds on your back because you're going to get tired, and your legs are going to be sore for the next week," he said.

"I just want to maintain the gains I made over the summer — it's a long season."

Powerful player

▶ At the Boston Bruins rookie camp this year, Jared Knight bench-pressed 225 pounds 12 times. He can power clean 280 pounds for one rep. He and his fellow Knights focus on explosive lifts like cleans, snatches, plyometrics and speed drills.

▶ On Thursday, the Knights visit the Niagara Ice Dogs at 7 p.m. They're back home on Friday versus the Windsor Spitfires at 7:30 p.m. For tickets visit londonknights.com

Lennox Lewis to be honoured at Laurier

STEPHEN LOVEKIN/GETTY IMAGES

▶ Boxer Lennox Lewis.

Wilfrid Laurier University will grant world-renowned boxing champion Lennox Lewis an honorary doctor of laws degree at the university's fall convocation Oct. 28. Lewis will receive his degree and address convocation at the afternoon ceremony, which begins at 2:30 p.m. Both the morning and afternoon ceremonies will be held at the Waterloo Memorial Recreation Complex.

Lewis is an Olympic gold medalist and three-time world heavyweight champion of the world.

George Foreman, also a former world heavyweight champion, called Lewis the "greatest heavyweight boxer of all time."

Lewis is also a noted philanthropist. His Lennox Lewis Foundation raises money for disadvantaged children in Jamaica, Canada, the United States and the United Kingdom, and he has supported social causes such as public advocacy against domestic violence.

A dual Canadian-British citizen, he is a Member of the Order of Canada and a Commander in the Most Excellent Order of the British Empire.

METRO

ARTIST

Frida Kahlo enthusiast to showcase exhibition

Visual artist Maureen Riley's Re/Visioning Frida Art Exhibition will be held at the Centre for Creativity at King's University College at UWO Friday and Saturday in the Vitali Student Lounge (Wemple Building 266 Epworth Ave.)

Originally from Hamilton, Riley arrived in London to study English literature at Western in 1970. Riley has been a full-time artist since 1981 and has an ongoing fascination with the life and art of Frida Kahlo.

The opening gala, Friday from 7 p.m. to 10 p.m., will also feature photography by Gloria Alvernaz Mulcahy, poetry by London poet laureate Penn Kemp and Mulcahy and music by the Alfredo Caxaj Latin Trio. METRO

Making kindness a challenge

Schools across Thames Valley are embracing the challenge to perform 1,000 acts of kindness in just one month.

The 1,000 Acts of Kindness Challenge is a community-wide initiative during October that aims to end hate by spreading kindness — one generous act at a time. For more information, visit 1000acts.ca. METRO

Cushion Concerts back in London

Orchestra London's popular Cushion Concerts are back, kicking off Saturday, Oct. 15, at the Byron branch of the London Public Library. Tickets are available for the 11:30 a.m. performance.

For tickets or more information, visit orchestralondon.ca.

METRO

Caffeine capped in energy drinks

Feds announce new rules for drink makers
Changes include limits on caffeine levels, labelling

The federal government will impose limits on the amount of caffeine that energy drinks may legally contain, Health Minister Leona Aglukkaq said Thursday, but won't restrict where they may be sold.

Ottawa also plans to require manufacturers to provide consumers with more information about high-caffeine beverages, Aglukkaq said.

Her announcement stopped short of recommendations by the Expert Panel on Caffeinated Drinks convened by Health Canada. It had called for energy drinks to be sold over the counter in pharmacies, like painkillers and other medications.

"I believe today's changes will be especially helpful to the parents of teenagers who regularly consume energy drinks," Aglukkaq said.

Until now, energy drinks — like Red Bull, Monster Energy and Rock Star — were not required to display a nutritional facts table.

The change means that most energy drinks will be classified as a food, which means nutritional facts must be displayed on every can.

They had previously been classified as natural health products.

The government anticipates the transition in labelling will take between 18 and 24 months.

The change brings Canadian labelling in line with the United States and European countries.

Aglukkaq made her announcement on the energy drink plan at the University of Ottawa sports complex.

"As a parent, I need to have access to as much information as possible, to help us as a family make decisions when it comes to what we eat and drink," Aglukkaq said.

She said the changes are aimed at making it easier for parents to monitor their children's caffeine intake. THE CANADIAN PRESS

Marching. On

▶ A girl has a paper that reads "Don't touch me" pinned to her outfit in Bucharest on Thursday during the Romanian version of the SlutWalk march.

VADIM GHIRDA/THE ASSOCIATED PRESS

Making a statement

The SlutWalk was the first of its kind in Romania, a country where it is still quite widely believed that sexual-aggression victims bear at least some responsibility for being targeted.

Budget officer blasts Ottawa's crime bill cost estimate

Parliament's independent, non-partisan budget officer is accusing the federal government of "total obfuscation" on the cost of new criminal justice changes to provincial budgets.

Kevin Page says a two-page summary released by Conservative Public Safety Minister Vic Toews doesn't serve the needs of parliamentarians or the Canadian public. The government estimate of the cost includes no methodology, no supporting information and no provincial costs, he says. THE CANADIAN PRESS

$2.7B
The Conservatives say their massive new omnibus crime bill will cost $2.7 billion over five years.

Quebec congregation to pay sexual-abuse victims $18M

A major Roman Catholic organization has agreed to pay up to $18 million in a historic compensation agreement for sexual abuse committed over several decades in Quebec.

The Congregation of Holy Cross has said it will issue an apology and financial compensation for abuses at three different institutions between 1950 and 2001.

The assaults occurred over that entire period at College Notre-Dame in Montreal, and over shorter periods at two other institutions.

The announcement comes after a mediation process launched last December by the congregation and by representatives for the victims.

They had been preparing a class-action lawsuit against the congregation.

Details of the settlement stipulate that victims are eligible for compensation whether they were abused by a clergy member, or by a secular employee of the congregation.

"I am truly pained by these transgressions and apologize, on behalf of the Congregation of Holy Cross, for all of the pain and suffering this abuse has inflicted on the victims," said Jean-Pierre Aumont, the Canadian provincial superior of the congregation.

PAUL CHIASSON/THE CANADIAN PRESS

▶ Victim Sebastien Richard, vice-president of the victims' committee.

85 At least 85 people are thought to be available for compensation ranging from $10,000 to $250,000.

"Damage was done, and we have taken measures to repair them. We hope that the victims will finally be able to throw off the veil of silence, heal from their wounds as best as possible and fully embrace their future." THE CANADIAN PRESS

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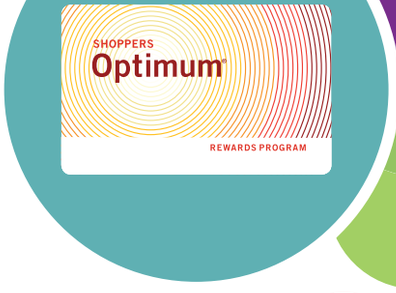

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SHOPPERS DRUG MART

On the street

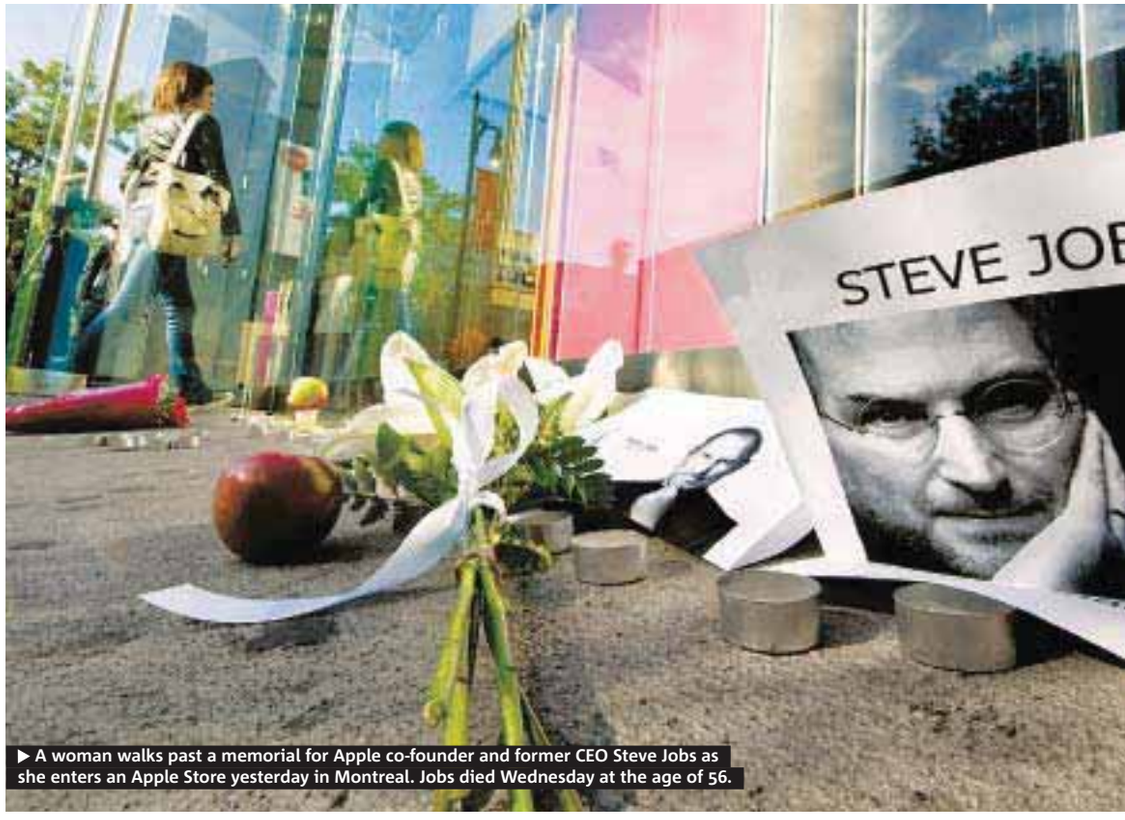
Did Steve Jobs change your life?

Shelby Kozub
31, WINNIPEG
"The iPod changed how we thought about music. He was a huge influence on everyone."

Raynor Ebanks
28, TRADER, NEW JERSEY
"I'd go to Best Buy to get CDs, and now I go to iTunes. It's now changed media for me."

Wesley Koetje
21, SHOP ASSISTANT, AMSTERDAM
"No, I just have an iPod. Apple is a good brand, but if Jobs hadn't developed it, someone else would."

Carol Orbant
45, HOUSEWIFE, LONDON (UK)
"He changed our way of life. He changed the way we interact, with products like the iPad."



▶ A woman walks past a memorial for Apple co-founder and former CEO Steve Jobs as she enters an Apple Store yesterday in Montreal. Jobs died Wednesday at the age of 56.

LONDON TRANSIT NEWS

Thanksgiving Day, October 10, 2011

Buses will operate on a Sunday schedule on Monday, October 10, 2011 in observance of Thanksgiving Day.

Downtown Ticket Office will be closed on Monday, October 10. Regular service hours will resume on Tuesday, October 11, 2011.

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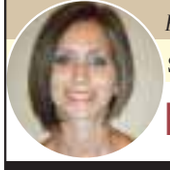

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PAUL CHIASSON/THE CANADIAN PRESS

Jobs' vision hailed by Canadian tech industry

Apple co-founder's work made current app boom possible, Canadian companies say ◗ Memorials pop up outside Apple stores across the country

Canada's app developers, who have made everything from games to cooking to sports applications for the iPhone and iPad, recalled on Thursday how Apple founder Steve Jobs gave them a livelihood and a purpose.

"At its core, there wouldn't be anything that we're doing without the App Store, without the iPhone, without Steve," Kerry Morrison, CEO of Vancouver-based app developer EndLoop, said yesterday.

"Every single person in here — their livelihood, the homes that they've bought, the cars that they drive — everything has been paid for by what he has done," Morrison said of EndLoop and sister company Massive Damage, which employ 14 people.

Jobs, 56, died Wednesday after a battle with cancer.

Condolences poured in from across the country, from users of the popular iPhone, iPod and iPad products, to the executives of Canadians companies who have either struggled to compete with Apple's cutting-edge products or benefited from their popularity.

"Steve Jobs was a great visionary and a respected competitor," Mike Lazaridis and Jim Balsillie, co-CEOs of rival Research in Motion, said in a statement.

RIM, developer of the BlackBerry smartphone, has arguably suffered the most from the rise of the iPhone, but also helped build an audience for the phone technology that Apple cultivated further.

"Steve's passion for simplicity and elegance leaves a legacy that will endure."
STEPHEN ELOP, NOKIA CEO

Nokia chief executive Stephen Elop, a graduate of McMaster University in Hamilton, reacted on his Twitter account.

"Steve's passion for simplicity and elegance leaves a legacy that will endure," said Elop, who was born in Ancaster, Ont.

Nokia Corp., once the world's dominant cellphone maker, has been overtaken by its chief rival Apple, whose iPhones sold more than all Nokia smartphone models during the second quarter.

For Morrison, Apple's App Store has given developers a tool for worldwide access to consumers.

"Being able to sell locally is great. Being able to sell nationally is even better. But to sell globally, that's what makes everything possible."

THE CANADIAN PRESS

More coverage {page 9}

Tweets

Twitter reaction to the death of Steve Jobs:

- **@jianghomeshi:** RIP Steve Jobs. The world has lost a visionary and true innovator. Your legacy is profound.
- **@Proteautype:** What John Lennon & Kurt Cobain were to music & Cezanne & Picasso were to painting, Steve Jobs was to computers. RIP to a true genius.
- **@natlauzon:** RIP #Steve Jobs. Just too big a loss for 140 characters.
- **@evansolomoncbc:** Conversation on run with friends this morning on Steve Jobs. The role 1 person can play in changing world vs what might have happened anyway.
- **@Victor_Lucas:** Steve Jobs was a futurist. I'm looking forward to enjoying products that he and his colleagues dreamed up together for years to come.

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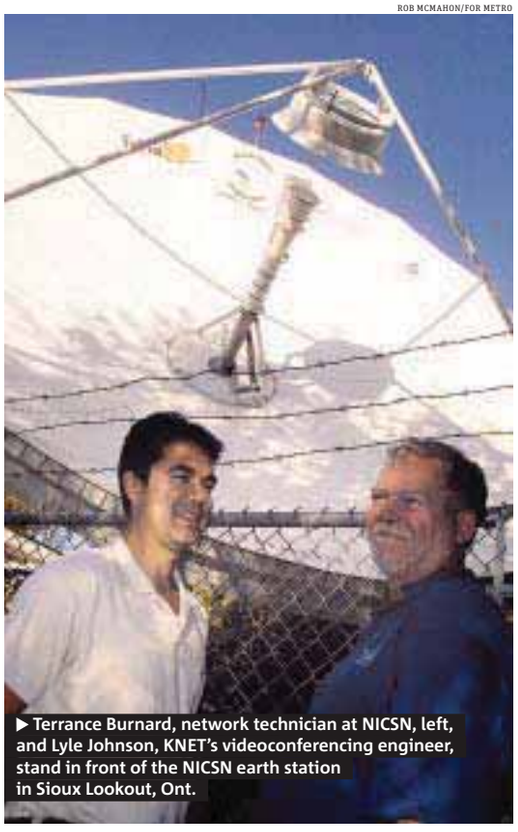

▶ Terrance Burnard, network technician at NICSN, left, and Lyle Johnson, KNET's videoconferencing engineer, stand in front of the NICSN earth station in Sioux Lookout, Ont.

Northern voices heard

First Nation's satellite network ensures everyone's vote gets counted
'Technical anomaly' threatened to silence community's involvement

ROB MCMAHON
TORONTO@METRONEWS.CA
METRO CANADA IN SIOUX LOOKOUT

Thanks to a satellite network managed by a First Nation organization, Ontario's most remote communities could participate in the provincial election.

Early Thursday morning, Fort Severn First Nation band manager George Kakekaspan learned his community couldn't phone in their polling station results.

That's because the Anik F2 satellite, which supports voice and data services to northern Ontario, experienced a "technical anomaly" that wiped out connections in the fly-in Washaho Cree community.

"We opened up the band office this morning and tried phoning with the land lines, and nothing.... We've been using cellphones and IP phones all day," said Kakekaspan, reached through his Keewaytinook Mobile cellphone. "It's taken us a long time to get this far. We've been pushing it with KNET a long time — and it's worked out pretty good for us."

Fort Severn, along with 11 other remote Ontario First Nations, retained communications services on Thursday through the Northern Indigenous Community Satellite Network, or NICSN.

NICSN is a co-operative satellite provider operated out of Sioux Lookout, Ont., and managed by KO-KNET services, the telecommunications arm of Keewaytinook Okimakanak Tribal Council.

Since August 2009, NICSN has used the Anik F3 satellite — an arrangement that enabled it to continue delivering services despite Thursday's troubles with Anik F2.

"This morning, we heard Kasabonika Lake wasn't taking phone calls, then we heard everyone's KA satellite dishes were down. All of these are on Anik F2, and it really clicked in when people said they couldn't phone up north," said Terrance Burnard from NICSN.

Thanks to NICSN, community polling stations worked with KNET through email and voice-over-IP phones to transfer election results to the south.

What is NICSN?

More on the Northern Indigenous Community Satellite Network:

- Formed in 2005.
- It's a partnership between First Nations tribal councils in Ontario and Manitoba, and the Inuit Kativik Regional Government in Quebec.
- It delivers satellite bandwidth to communities at a fixed rate, regardless of location.
- NICSN supports public services, including the remote delivery of health and education.
- Elections Ontario worked with NICSN to deliver training to remote polling stations through videoconferencing.

The Last Smear Campaign
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HOW JOBS CHANGED YOUR WORLD

▶ Customers walk past an Apple logo in Hong Kong after it was turned off to mourn the death of Steve Jobs.

VINCENT YU/THE ASSOCIATED PRESS

JOBS AT HEART OF APPLE

"HE WAS CHARISMATIC"

Dan Gillmor, a Silicon Valley technology columnist, has covered Apple for two decades.

What would Apple be had Jobs not returned to the company in the 1990s?
Nowhere near where it is now. Apple's success would not have happened without Steve Jobs.

What was his genius as a leader?
He was charismatic and built a brilliant team, and he had the ability to persuade others about the power of things.

He also had an incredibly instinct for design, and instinctively knew what people would like and find useful. To have any of these qualities is rare in the technology world, but the combination of them is unique.

How does Bill Gates compare to Steve Jobs?
Microsoft makes good products, but nobody would argue that Windows and Microsoft Office have the elegance that Apple products do. Of course, until recently Microsoft didn't make hardware, which Apple did.

What will happen to Apple now?
They have momentum that will carry them a long way, but the company will have to change. The big question, of course, is how it will change.

ELISABETH BRAW

Jobs a genius at spotting talent, pals say

Apple has lost a visionary ... and the world has lost an amazing human being: New Apple CEO Tim Cook

ELISABETH BRAW
NEWS@METRONEWS.CA
METRO WORLD NEWS IN LONDON, U.K.

Steve Jobs, born in California 56 years ago to a young cash-strapped couple, achieved the kind of world domination that eluded the Soviet Union.

Not everyone could afford Jobs's sleek products, but most knew about them.

Apple's initial goal was quite modest. "We didn't think that computers would play be able to play sophisticated games, play songs or do video editing, or even that the Internet would exist," said Steve Wozniak, who co-founded Apple with Jobs.

"We thought people would use computers at home for very simple things, like organizing their recipe collection."

However, Jobs raised the bar. At age 27, he recruited PepsiCo exec John Sculley as Apple's CEO with the question, "Do you want to spend the rest of your life selling sugared water, or do you want a chance to change the world?"

"Like one's best teachers, Steve set the bar high and moved it even higher," says Dean Hovey, founder of design firm IDEO, which create the groundbreaking Apple mouse.

Jobs got the idea for the mouse at Xerox's Palo Alto Research Center (PARC) in Silicon Valley. "He was a genius in how he spotted ideas and talent," says Hovey.

"He got fanatical about it. PARC inspired him with a lot of stuff, but it doesn't mean that they had a product that everyone could use. And his appreciation for aesthetics increased over time."

Jobs didn't use consumer focus groups: he didn't think people knew what they'd like. Instead he trusted his instinct, and with each product he was right.

"Apple has lost a visionary and creative genius," wrote Apple CEO Tim Cook in an email to the staff.

"Steve leaves behind a company that only he could have built, and his spirit will forever be the foundation of Apple."

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 322.85 (11,780.07)	+ 0.22¢ (96.36¢ US)	+ $2.91 US ($82.59 US)	$2.9 (– 3.54¢)

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AGAINST MY BETTER JUDGEMENT

THE METRO LIST

MIKE BENHAIM
METRO

1 Ice dreams: The beginning of the NHL season is a wonderful optimistic time. Just yesterday someone in Toronto said "The Leafs are going all the way!" The fact that he was drunk at 11 a.m. and seemingly hadn't showered since last season did not diminish his enthusiasm. Here's to bringing the cup back to Canada!

2 Yeah, baby!: Congratulations to Mike Myers and wife Kelly Tisdale on the birth of their baby boy last week. They named him Spike Myers. Once again, comedians never know where to draw the line. Good luck in preschool, Spike.

3 What the hell: Avril Lavigne played to a sparse crowd at Rogers Arena in Vancouver this week, but no biggie for such a poised professional. Now an introspective divorcee with her own line of clothing and fragrance, she delighted parents whose kids would bear witness to Avril's patriotic cheers. "It's pretty badass to be back in Canada. We're going to need you to go f–ing crazy!" Sniff, our little girl's all growed up.

4 Congratu...wha?: The Nobel Foundation broke protocol by granting McGill grad Ralph Steinman the coveted prize for research that produced treatments for cancer and HIV, among others. The statute prohibits granting the award posthumously, but it wasn't until three hours after the award was announced that Nobel officials found out Steinman had succumbed to cancer two days earlier. Is this guy lucky or what?

5 Gun-shy: A report written by Caillin Langmann at McMaster University suggests that gun-control legislation is not responsible for Canada's reduction in firearm homicides. Langmann, who opposes strict gun laws, credits social programs and demographic shifts for the change. I think he's saying that people should have firearms but should be open to other forms of violence before resorting to them.

6 Feist-y: Canadian sweetheart Feist has emerged from a two-year hiatus with an impressive album, Metals. She took a rest after going full-speed for most of the 2000s, then compiled her new CD, spent weeks in Paris mixing it, then a while in London for mastering, and is already earning critical acclaim and money. Have I made the wrong career choice? I blame my parents.

7 Ordinary people: The 18-year-old, identity-protected young murderer from Medicine Hat is now rehabilitated. For those who don't know: At 12-years-old, she helped her 23-year-old boyfriend kill her parents and eight-year-old brother because they opposed the relationship (so strict). Now, after six years at a young-offenders centre, she is deemed "low-risk" for future violence. Apparently, intensive therapy has brought her to the realization that offing the family may have been a tad harsh. Where is Jerry Springer when you need him?

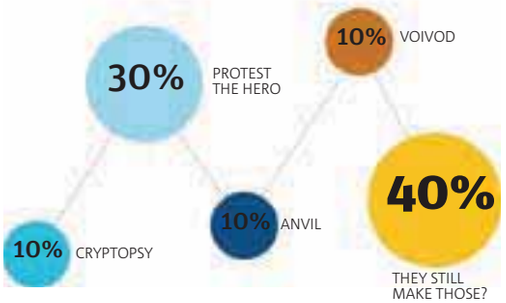
8 Oh, Canada: It seems like only yesterday I was heading to the polls to cast my vote for what I call "the party of least reluctance." But I am not ashamed to admit that I will proudly support anyone that throws me the slightest bone, even while ignoring my needs and misrepresenting my wishes. And I am not the only one who's married?

More from Mike Benhaim at metronews.ca/backbeat

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What band should win the Juno in the newly created metal/hard rock category?



Local tweets

- **@Evolving:** Counting the hrs today #longwknd #ldnont
- **@RachFee:** Who wants to see Dada Life with me in #ldnont on Nov 13th?!
- **@mackenzielemire:** Thank you #fanshawe for making national #PlaidDay incredibly hot.
- **@MelizzyFoShizzy:** little did I know, not erasing chalkboards is "the equivalent to not flushing the toilet" Oh eccentric profs #uwo #analretentivenessinaction
- **@bjenkin27:** Just coming to the realization now that #septbender really was accomplished. Its likened to waking up after a month long dream/coma. #UWO
- **@campbellchrisj:** I would like to thank the #USPostal Service for getting my #Blackberry to me TODAY #Ldnont - Shipped from #Cleveland on Sept 9, #1stclass
- **@theSAMOshow:** London Transit just messed up my day. More oxford buses to fanshawe needed! #ldnont
- **@caseadillaaa:** I want @LaidbackLuke to come to #ldnont.

Letters

RE: Paul Sullivan's column published Oct. 5, Nobody's right if everybody's wrong

Sublimely pointless article written by an out-of-touch, capitalist sycophant.

This writer has obviously given up on life, truth, justice and good journalism. There are young people out there who will never get the chances he takes for granted based on his generation's bad choices. The article was pointless, meandering, by an over-the-hill curmudgeon. Get him to his porch and rocking chair and let someone who still lives life write in this wasted space.

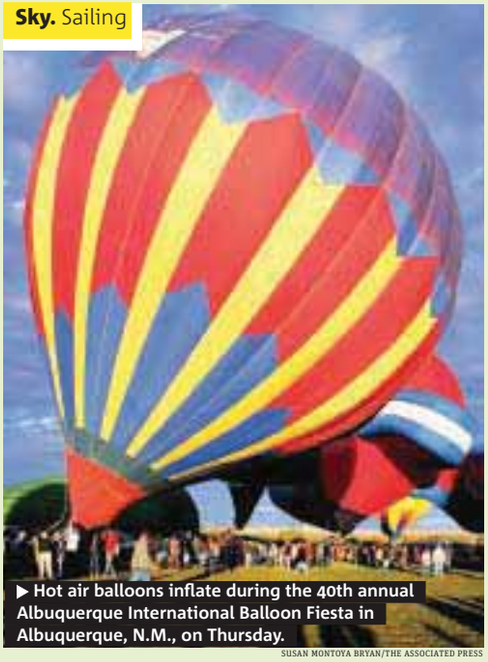
STEVEN DEBUS, TORONTO

RE: John Mazerolle's column published Oct. 6, Let's talk about birds and bees

In the last few years, huge efforts have been made to try and deal with negative self-image amongst young women. And you publish this? A rude, ignorant, offensive statement which sets back the fight and is hurtful to all the overweight women who read this paper.

VICTORIA GOODFELLOW
TORONTO

Sky. Sailing



▶ Hot air balloons inflate during the 40th annual Albuquerque International Balloon Fiesta in Albuquerque, N.M., on Thursday.

SUSAN MONTOYA BRYAN/THE ASSOCIATED PRESS

Photo of the day

Dozens of specially shaped balloons inflated Thursday morning, but gusty conditions prevented them from lifting off. The nine-day Albuquerque International Balloon Fiesta wraps up Sunday.

WEIRD NEWS

Does God hate non-iPhone tweeting?

Members of fundamentalist Westboro Baptist Church announced plans to picket Steve Jobs' funeral — from an iPhone.

Shortly after news of the Apple founder's death Wednesday night, Margie Phelps, daughter of the church's founder, used one of Apple's iconic devices to tweet the family-run church's intention to protest at Jobs' funeral.

"Westboro will picket his funeral. He had a huge platform; gave God no glory & taught sin," she tweeted.

The message was retweeted by other iPhone-wielding Phelps family members who make up the small but controversial church.

On Thursday, Phelps responded to criticism over her use of an Apple product to send out the messages.

"Rebels mad cuz I used iPhone to tell you Steve Jobs is in hell. God created iPhone for that purpose!" she wrote.

The Kansas-based church is infamous for mounting attention-getting anti-gay protests outside military funerals.

TORSTAR NEWS SERVICE

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Synopsis

- Ides of March focuses on Stephen Myers (Ryan Gosling), an idealistic campaign manager who'd do anything to win, as long as he truly believes in the candidate. He is devoted to Governor Mike Morris (Clooney), a candidate in the Democratic primary. The first hour is spent getting into the campaign, learning the machinations of a big league primary run. Clooney sets up the themes of the piece before taking a right turn (story-wise) into different territory.

- **Ratings:**
  Richard: ●●●½
  Mark: ●●●●

▶ Phillip Seymour Hoffman and George Clooney in Ides of March.

Packing a political punch

Ides of March is a smart, sophisticated look at power and politics, with great acting Viewers will be left wondering how many Oscar nominations it will get

Reel Guys

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

Richard: Mark, I'm not going to give away the twist, but it is really then that the movie picks up steam. The first hour is good stuff, with its great acting from Paul Giamatti and Phillip Seymour Hoffman and a fascinating, if occasionally dry, look at life in the political fast lane. Then comes the blackmail, the meetings in darkened stairwells and double-crossing journalists and it becomes something darker and more interesting.

Mark: Richard, the movie had me from the opening scenes. Well-acted, great script; a smart and sophisticated film about power and politics. I knew there had to be a twist, but I liked it even before the twist. Personally, I didn't find it dry at all, but I follow political campaigns the way that most people follow sports. But you're right; once it becomes a cat and mouse game it really gets exciting.

RC: To me it feels like a sexed-up All the President's Men, a movie filled with good-looking movie stars that still packs a serious punch. Gosling impresses as he makes his way from idealism to stark realism, and Clooney looks like he was born to sit in an oval office. But it is the supporting cast who really shine. What did you think of Giamatti and Hoffman?

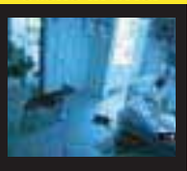
MB: Brilliant, both of them! But don't leave out Marisa Tomei and Evan Rachel Wood in smaller but crucial roles. Another thing about the movie that impressed me was that although the film was based on a play, it didn't feel "stagey" as a lot of these adaptations do. Clooney really opened it up and at no time did I think I was watching what had once been a play. And I'll put you on the spot — how many Oscar nominations do you think the movie will get?

RC: We're looking at a few nominations overall and maybe a win for either Giamatti or Hoffman. They both reek of the backroom, the kind of guys who invisibly pull the strings. I also thought Clooney did some good work here. If his character leans any further left he'll topple over, but it's not a love letter to the left. If anything the movie levels the playing field between the Democrats and Republicans, suggesting they're cut from the same cloth.

MB: The movie raises Clintonian ethics issues — can a politician be deeply flawed in his private life and yet be the most skilled and humane legislator in the field? And then it goes further to suggest that moral corruption is inevitable. How could I not love this flick?

2 scene

Scene in brief



Paramount Pictures is launching a global "Tweet To See It First" promotion, which will bring Paranormal Activity 3 to 20 cities across the world on Oct. 18 — three days before the film's global release. Head to Paranormal-Movie.com for info on how to represent your city. The competition ends next Thursday. METRO

Oscar organizers aim to create world-class film exhibition at site of L.A. art museum.

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On-screen horror — in a parka

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

With titles like Final Destination 3, the Ring Two and Black Christmas in her filmography, actress Mary Elizabeth Winstead is no stranger to on-screen horror.

So a prequel to the Thing was right up her alley.

Plus, the Antarctic setting didn't allow for much in the way of revealing costumes, which is something Winstead says she appreciated, considering how female characters tend to be portrayed in the horror and science fiction worlds.

She shared her rather frank opinions on the topic with Metro, as well as her unique connection to the star of the original 1982 the Thing.

SUBMITTED

▶ Mary Elizabeth Winstead

So, you've tangled with Kurt Russell in Sky High, sang with him in Death Proof and now you're in the prequel to one of his films.
I know! I'm always following Kurt Russell, for some reason.

Has he seen this yet?
I have no idea. I mean, he's so not a show business type guy that I wouldn't be surprised if he didn't know that this exists.

He probably in passing has heard about it, but I doubt he's worrying about it too much.

How did you feel about this being a prequel?
Knowing that it was from Strike Entertainment, it was a clue that these were the kind of people — from their past work like Dawn of the Dead — they have a grasp on how to take material and make something new out of it that's still respectful and interesting and not just a retread that's more modern and more schlocky than the first one that came around.

Comparisons to Sigourney Weaver's character in Alien is almost inevitable here.
I love them. I have a particular fondness for strong women on screen who are also realistic.

It's really fun to see women kicking ass and being super-powerful, but at the same time I feel like there's this niche that we don't see of women who are just realistically strong and smart and take care of themselves but aren't beating up guys twice their size and knocking them out — things that just wouldn't happen in the real world.

It's interesting that filmmakers seem to think female characters have to be at one end of the spectrum.
Right. It's so shocking to me that there aren't more realistic female characters out there, because we make up half the population.

Why is everything so dominated by what guys want to see?

Every female character in a movie is over-sexualized or she's played as shrill and neurotic or something that's a very male perspective on different types of women that are out there.

I feel like a lot of actresses, when they play a super-sexual character, they're like, "No, this is empowering and women owning our sexuality" and stuff. I get that, but I don't feel like that's what we're really seeing.

"I have a particular fondness for strong women on screen who are also realistic."
MARY ELIZABETH WINSTEAD

A few facts

- **Vital stats:** Raised in Salt Lake City, Winstead, 26, was trained as a singer and ballet dancer before turning to acting, garnering attention for her role in superhero spoof Sky High.
- **Cult status:** Winstead is beloved by geeks the world over for playing hair dye-loving object of affection Ramona Flowers in 2010's Scott Pilgrim vs. the World.

Movie reviews See it twice | See it now | Worth watching | Yawn | Don't bother

Real Steel
Genre: Fantasy
Director: Shawn Levy
Stars: Hugh Jackman

For a family-friendly fantasy flick — even one about robots pummeling each other — Real Steel opens with some pretty questionable action. We meet down-on-his-luck Charlie (Hugh Jackman) pitting his robot boxer, Ambush, against a live bull at a state fair.

The film is set in a not-too-distant future when audiences' thirst for violence made human boxing obsolete in favour of the more brutal robot variety, but there's just something about watching an animal getting punched in the face that doesn't quite sit right. It doesn't help that the rest of the film's tone is actually safely in the family-friendly zone.

Robot-on-bovine violence aside, Real Steel works, minus a few bugs. The boxing itself is a marvel, with the clashing metal titans feeling incredibly real.

As for the humans, Jackman plays Charlie with just enough charm that we root for him, despite him being a pretty lackluster businessman, father and human being.

About that father bit: Charlie takes on his estranged 11-year-old son (Dakota Goyo) for a summer on the road.

Unfortunately, the film relies a bit too heavily on Goyo, possibly to distract from Jackman's character's less-than-heroic actions. And the less said about the boy's dancing, the better. **NED EHRBAR**

▶ Brad Pitt's acting is effortless in Moneyball.

LONDON

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Contagion (PG) Fri-Sun 9:30 Tue 9:30 Thu 9:30
Dolphin Tale (G) Fri-Sun 7:30 Tue 7:30 Thu 7:30
Drive (18A) Fri-Sun 11:40
I Don't Know How She Does It (PG) Fri-Sun 11:30
Moneyball (PG) Fri-Sun 7:35 Tue 7:35 Thu 7:35
Straw Dogs (18A) Fri-Sun 9:40 Tue 9:40 Thu 9:40

Hyland Cinema 240 Wharncliffe Road South, 519-913-0313

Listings not available at press time.

Rainbow Cinemas London 355 Wellington St., 519-434-3073

Listings not available at press time.

Western Film Room 340, UCC Building,

Rise of the Planet of the Apes (PG) Fri-Thu 7

Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

50/50 (14A) Fri 7:15-9:50 Sat-Mon 1:20-4:30-7:15-9:50 Tue-Thu 7:15-9:50
Abduction (PG) Fri 7:20-9:55 Sat-Mon 1:15-4:20-7:20-9:55 Tue-Thu 7:20-9:55
Dolphin Tale (G) Sat-Mon 12:50
Dolphin Tale 3D (G) Fri 6:40-9:20 Sat-Mon 3:50-6:40-9:20 Tue-Thu 6:40-9:20
Dream House (14A) Fri 9:15 Sat-Mon 4-9:15 Tue-Thu 9:15
The Ides of March (14A) Fri 7-9:35 Sat-Mon 1:30-4:25-7-9:35 Tue-Thu 7-9:35
Killer Elite (14A) Fri 6:30 Sat-Mon 1-6:30 Tue-Thu 6:30
The Lion King 3D (STC) Fri 7:10-9:30 Sat-Mon 1:35-4:15-7:10-9:30 Tue-Thu 7:10-9:30
Real Steel (PG) No Passes Fri 6:45-9:45 No Passes Sat-Mon 12:45-3:45-6:45-9:45 No Passes Tue-Thu 6:45-9:45
What's Your Number? (14A) Fri 6:50-9:40 Sat-Mon 1:10-4:10-6:50-9:40 Tue-Thu 6:50-9:40

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South, 519-474-2796

50/50 (14A) Fri 4:20-7:15-9:45 Sat-Mon 1:20-4:20-7:15-9:45 Tue 4:20-7:15-9:40 Wed-Thu 7:15-9:40 Fri 4:35-7:30-10:20 Sat-Mon 1:40-4:35-7:30-10:20 Tue 4:35-7:30-10:10 Wed-Thu 7:30-10:10
Breakaway (STC) Fri 4:30-7:20-10:10 Sat-Mon 1:30-4:30-7:20-10:10 Tue 4:30-7:20-9:55 Wed-Thu 7:20-9:55
The Captains (STC) Thu 7
Dolphin Tale 3D (G) Fri 3:30-6:30-9:10 Sat-Mon 12:40-3:30-6:30-9:10 Tue 3:45-6:30-9:10 Wed-Thu 6:30-9:10
Drive (18A) Fri 4:40-7:30-10:15 Sat 1:40-4:40-7:30-10:15 Sun 4:40-7:30-10:15 Mon 1:40-4:40-7:30-10:15 Tue 4:40-7:30-10:05 Wed 7:30-10:05 Thu 10:05
Esmeralda - Bolshoi Ballet (STC) Sun 1
The Ides of March (14A) Fri 4-6:40-9:20 Sat-Mon 1-4-6:40-9:20 Tue 4-6:40-9:20 Wed-Thu 6:40-9:20 Fri 4:05-7-9:55 Sat-Mon 1:10-4:05-7-9:55 Tue 4:05-7-9:50 Wed-Thu 7-9:50 Star & Strollers Screening Wed 1
The Lion King (STC) Sat-Mon 1:10 Star & Strollers Screening Wed 1
The Lion King 3D (STC) Fri-Tue 4:10-7:10-9:30 Wed-Thu 7:10-9:30
Moneyball (PG) Fri 3:40-6:50-9:55 Sat-Mon 12:30-3:40-6:50-9:55 Tue 3:40-6:50-9:50 Wed-Thu 6:50-9:50 Fri 3:35-6:30-9:25 Sat-Mon 12:40-3:35-6:30-9:25 Tue 3:35-6:30-9:20 Wed-Thu 6:30-9:20
Real Steel (PG) No Passes Fri 3:50-7:10 No Passes Sat-Mon 12:50-3:50-7:10 No Passes Tue 3:50-7:10 No Passes Wed-Thu 7:10

SilverCity London 1680 Richmond St, 519-673-4125

50/50 (14A) Fri-Tue 1:10-3:40-6:30-9:15 Wed 3:40-6:30-9:15 Thu 1:10-3:40-6:30-9:15 Star & Strollers Screening Wed 1
Abduction (PG) Fri-Wed 1:15-4-6:55-9:30 Thu 1:15-4-9:30
The Captains (STC) Thu 7
Contagion (PG) Fri-Thu 1:20-4:05-6:40-9:40
Courageous (STC) Fri-Tue 1-4:10-7:10-10:10 Wed 1-4-7:10-10:10 Thu 1-4:10-7:10-10:10
Dolphin Tale (G) Fri-Thu 1:05
Dolphin Tale 3D (G) Fri-Thu 4:05-7:15-10
Dream House (14A) Fri-Thu 4:25-10:20
The Help (PG) Fri-Thu 12:50-3:50-7-10:05
The Ides of March (14A) Fri-Thu 1:30-4:20-6:50-9:45
Killer Elite (14A) Fri-Thu 1:25-7:25
The Lion King (STC) Fri-Tue 1:50 Star & Strollers Screening Wed 1 Thu 1:50
The Lion King 3D (STC) Fri-Tue 4:20-6:45-9 Wed 4:20-10:10 Thu 4:20-6:45-9
Moneyball (PG) Fri-Thu 1:15-4:15-7:20-10:30
Peter Gabriel: New Blood Orchestra in 3D (G) Wed 7
Real Steel (PG) No Passes Fri-Thu 12:55-3:55-7:05-10:25
What's Your Number? (14A) Fri-Wed 1:35-4:30-7:30-10:15 Thu 1:35-4:10-6:55-10:15

HUGH JACKMAN
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THE JOYS OF PINK FLOYD

SOUND CHECK

ALAN CROSS
SCENE
@METRONEWS.CA

MJ KIM/GETTY IMAGES

▶ From left, David Gilmour, Roger Waters, Nick Mason and Rick Wright of the band Pink Floyd are pictured onstage in London, England in 2005.

I fear for the future of high fidelity. With every passing month, we seem to be satisfied with sound that is merely good enough. Blame it on a decade of listening to squished MP3s through cheap ear buds.

In the Olden Days, my friends and I would descend upon stereo stores, pretending to be in the market for some new speakers. "Those JBLs look good. Could we hear them, my good man? And then let's A-B them with those Cerwin-Vegas. No, no — the ones with the 15-inch woofers. "

The salesperson would dutifully find the LP we suggested and place it on the turntable.

For the next 20 minutes, we'd be pummelled by sound, glorious sound. The sparkling highs. The chest-crushing bass. The sweet midrange. Once the side of the record ran out, we'd promise to think about it and leave the poor salesman commissionless.

Again.

One of the albums we'd always ask for was Pink Floyd's Dark Side of the Moon because it was one of the best-produced and most carefully recorded albums of the era. There was an emotional and physical thrill of hearing it through speakers that could handle the thump of the heartbeat that leads into Breath, the deep bass stabs of Time and the definition of Clare Torry's voice on The Great Gig in the Sky.

The music caused dopamine to flood our brains, which is literally the same neurochemical response a heroin addict has when he gets a fix.

Today, though, MP3s and cheap ear buds have taken much of the fidelity out of music.

Even modern CDs sound worse than CDs that were released in the 1980s thanks to overuse of compression. We've forgotten how good recorded music can sound. Worse yet, many people have never experienced it.

That's why I urge everyone to go out and buy the new Pink Floyd remasters along with a very good set of headphones. Clear the credit card. I don't care how.

Dark Side is the ultimate album for headphone music. Turn down the lights and turn up the music. Marvel at the subtleties of the arrangements, the texture of the production and brilliance of the musicianship.

Notice how you react physically and emotionally. This is how good music can sound. This is what excited people about music once. Surrender to it.

You may never use ear buds again.

Pharrell: Man of all trades

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

GETTY IMAGES

▶ Pharrell Williams

Pharrell Williams is aware of the consequences of his busy schedule.

"There's no social life," says the songwriter/producer/entrepreneur. "But that's OK."

Williams' latest title is the creative director of Karmaloop TV, which is currently an online destination at karmalooptv.com but is vying to be a full-fledged cable channel. The site has begun its first big push with an initiative dubbed Reclaim Your TV, which hopes to draw in the first generation that never knew life without Internet.

"We're 'live and let live' type of people," says Williams of the Reclaim slogan. "We just want to bring people the content that we miss and the things that we'd want to see."

When do you think TV got to a point where it needed to be reclaimed?

Well, it's not really the networks' fault, or the cable providers' fault. It's the fact that the Internet has just made everything so abundant. ... There's so many different choices out there, and I could see how it could be confusing at times, and it's hard to remain focused. But that's what we're intent on doing. We intend to do a couple of things right, not 20 million things.

You have so many different ventures you're involved in, including clothing and liquor. How do you define the spark that has to be there for you to invest your time and money?

I'm always up for the challenge, and it's always got to make sense. ... Being a partner in a network is a big move; but at the same time, contributing to all things creative there is an honour.

Let's talk about music. Are you still finding time to get into the studio?

Yeah, everything from on the pop side from like Jay Sean all the way to Jay-Z.

How about J.T.? I've heard rumours that you've even been working with Justin Timberlake again.

I heard those rumors too.

Are they true?

I'm not one to talk, but we're all excited.

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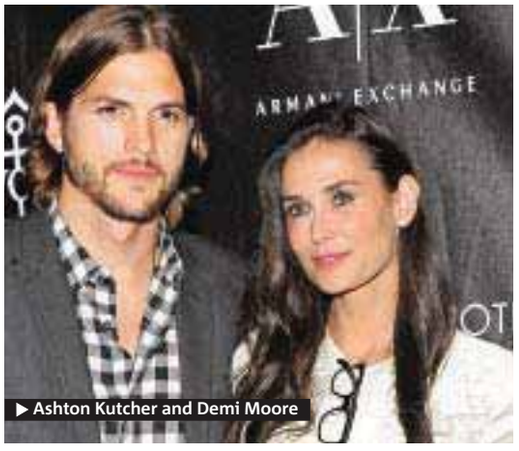
Ashton moves out

Friends deny it's because of his cheating



▶ Ashton Kutcher and Demi Moore

Ashton Kutcher has reportedly moved out of the home he shares with Demi Moore, according to Life & Style, though a source close to Kutcher says it has less to do with his current cheating scandal and more with trying to help his wife confront her own issues. "Demi had been sober for a long time — decades — but recently it's gotten bad," the source says. "He may have fooled around with this girl, but his wife is his priority. Ashton's trying to deal with Demi's problems."

METRO

Barrymore tying knot soon?

Drew Barrymore "is yearning to get married and have kids," a source tells Us Weekly. So it's a good thing that her boyfriend, Will Kopelman, has been considering proposing, possibly popping the question "around the one-year mark of their dating" this winter, the source says.

"He's madly in love and knows she's the one, but he just needs a bit more time." That takes care of marriage, but when it comes to babies, Barrymore may not be so patient: "I could see her getting pregnant before they get married," the source adds.

METRO

PHOTOS: GETTY IMAGES

▶ Johnny Depp

Depp apologizes for comment

Johnny Depp's comparison of having his photo taken to being raped didn't sit well with the Rape, Abuse and Incest National Network, according to Hollyscoop.

Depp had made the comment during an interview with Vanity Fair, and after the advocacy group made their concerns known, the actor was quick to apologize:

"I am truly sorry for offending anyone in any way. I never meant to. It was a poor choice of words on my part in an effort to explain a feeling," Depp said in a statement.

"I understand there is no comparison and I am very regretful. In an effort to correct my lack of judgment, please accept my heartfelt apology."

METRO

Mel C: Spice life wasn't so easy

Melanie Chisholm — or Mel C, as she was known in the Spice Girls — admits that the glare of media attention during the girl group's heyday caused her to become depressed and bulimic. "I was young and impressionable, and I found it hard to read about myself," she tells the Daily Mail. "The tabloids were cruel about my appearance."

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3 life

A modern take on Thanksgiving staples

Aside from the turkey, stuffing and dessert are the most important foods of your feast For a new twist, replace tired sausage stuffing with Pear & Chestnut Stuffing Swap Pumpkin Pie for Pumpkin Mousse Cake

TONY SAXON/ THE CANADIAN PRESS

THE CANADIAN PRESS

▶ The stuffing will serve 12 to 16 people, while the mousse makes eight to 12 servings.

Whether you're looking to start your own tradition this Thanksgiving or are ready for a change from the tried and true, these delicious Pear and Chestnut Stuffing and Pumpkin Mousse recipes will have your family pleading for more.

Pear and Chestnut Stuffing

The sweet juiciness of pears keeps the bread moist and cooking the vegetable mixture helps to create an even flavour throughout the stuffing. Chestnuts add texture and the pre-roasted variety are easy to use.

Preparation:

1. In a large non-stick skillet, melt butter over medium-high heat and cook pears, onion, garlic, carrots, celery, sage and parsley for about 25 minutes or until softened and starting to become golden. Add chestnuts and stir to combine. Add bread and salt and toss to combine. (If your pears are not as juicy, you may need to add some turkey stock to moisten.) Scrape mixture into large baking dish, cover and bake in a 160 C (325 F) oven for 45 minutes. Remove foil and bake for about 15 minutes longer or until crisp on top and golden. **EMILY RICHARDS/ THE CANADIAN PRESS**

Pumpkin Mousse

Try this luscious new take on the traditional pumpkin pie. This cake is a perfect finale to a succulent Thanksgiving dinner. The walnut and pumpkin mousse filling with mascarpone cheese will have your family and friends asking for seconds.

Preparation:

1. Preheat oven to 160 C (325 F).
2. In the work bowl of a food processor, combine graham crackers, sugar and butter and blend until mixture is the consistency of wet sand. Press crust mixture into bottom of a non-stick 23-cm (9-inch) springform pan. Bake 10 minutes or until crust is fragrant and golden brown. Set aside.
3. Sprinkle gelatin in 125 ml (1/2 cup) of the water, stir and let sit for 5 minutes. Boil remaining water, add to gelatin and stir until dissolved. In a separate bowl, whip the whipping cream until stiff peaks form and set aside.
4. In a large bowl, combine pumpkin pie filling, walnuts, mascarpone, honey, cinnamon and nutmeg, stirring well. Add gelatin. Fold in whipped cream until combined and pour mousse into springform pan. Gently shake cake pan to release any air bubbles and smooth out surface. **THE CANADIAN PRESS/WALNUTINFO.COM**

Shopping List:

Pear and Chestnut Stuffing
- 50 ml (1/4 cup) butter
- 4 Bartlett pears, cored and chopped
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 45 ml (3 tbsp) fresh sage
- 45 ml (3 tbsp) chopped fresh Italian parsley
- 1 bag (300 g) roasted peeled chestnuts, chopped
- 2 l (8 cups) cubed sourdough or potato bread
- 1 ml (1/4 tsp) salt

Pumpkin Mousse Cake
- 32 graham crackers
- 30 ml (2 tbsp) dark brown sugar
- 125 ml (1/2 cup) butter, melted
- 30 ml (2 tbsp) gelatin powder
- 250 ml (1 cup) water
- 250 ml (1 cup) whipping cream
- 1 can (540 ml/19 oz) pumpkin pie filling
- 250 ml (1 cup) walnuts
- 250 ml (1 cup) mascarpone cheese
- 125 ml (1/2 cup) honey
- 5 ml (1 tsp) cinnamon
- 2 ml (1/2 tsp) nutmeg

Turkey safety

How do you know your turkey is safely cooked?

The safest way to be sure that your turkey is done is to check it with a meat thermometer.

Temperatures should reach minimums of 180°F (82°C) deep in the thigh and 165°F (74°C) in the center of the stuffing. **NEWS CANADA/ BUTTERBALL**

Scan this code for the top five "make it better" turkey tips.

A toast to the side dishes

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

If you're into wine, you have to love Thanksgiving. There's no gifts, no egg hunts and no dressing up. Thanksgiving is about food, family and a good bottle of vino.

Though roast turkey is the star, it isn't your main concern when it comes to a liquid marriage with your festive feast. All those side dishes that make a huge holiday meal special, influence the table more than the gobbler.

As grapes go, pinot noir is a classic match on the red side (think California) with chardonnay (one that's not too oaky from France or Canada) topping my list of whites.

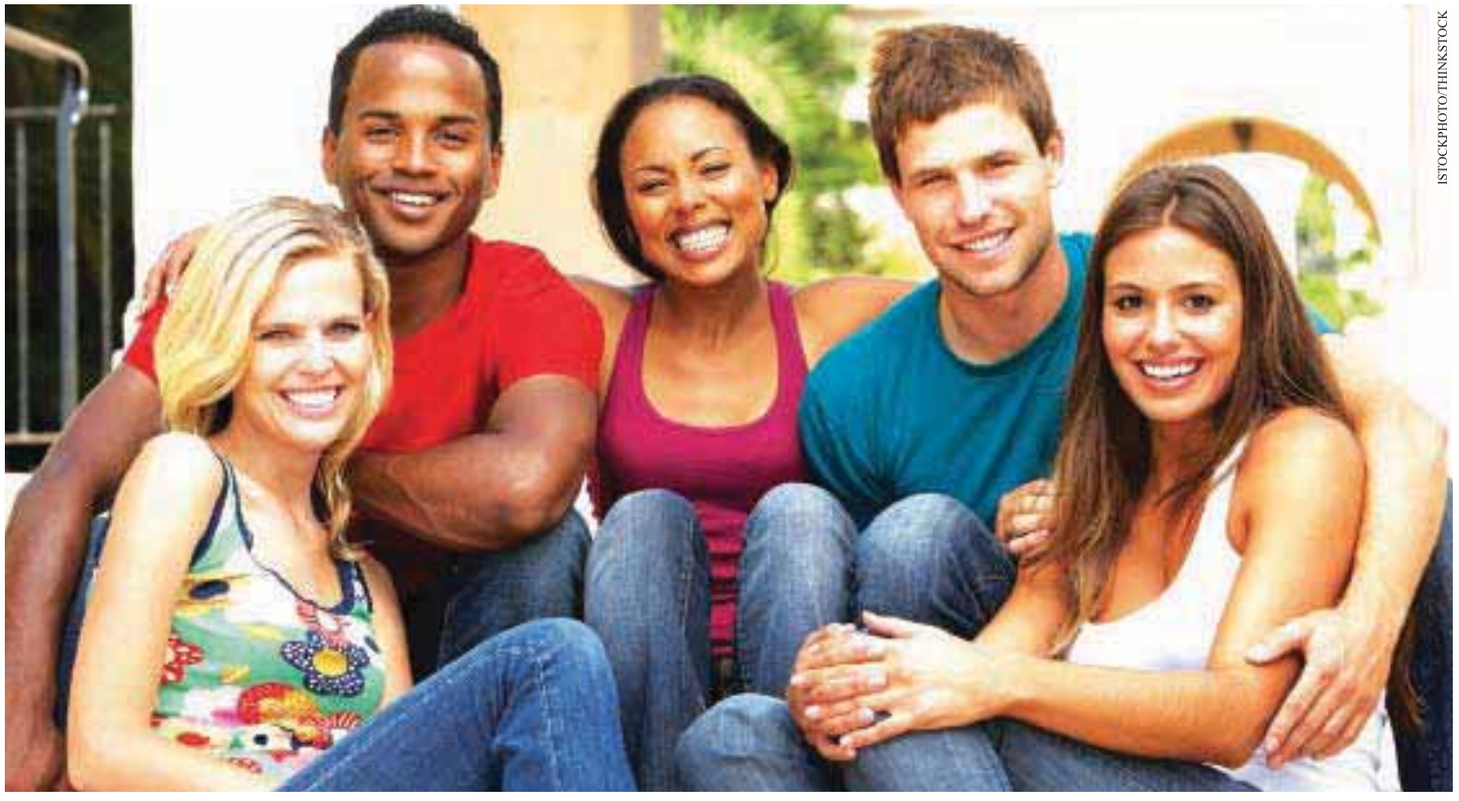
If you want to think outside the bottle, a spicy white grape like gewürztraminer or a plush, floral grape like viognier are options.

In red, France's Beaujolais region is famous for its gamay-based wines with a rich, berry-fruited version like the strikingly packaged Georges Duboeuf 2010 Brouilly ($16.95 - $22.49) meaty enough to meet the turkey head on and soothing enough to make nice with all the fixings. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Stuffing Tips

Stuffing Turkey
To stuff a turkey with the stuffing, you will need 1.75 l (7 cups) of stuffing for a 9-kg (20-lb) turkey; place remaining stuffing in a small casserole to bake alongside. Cook casserole with turkey for about 30 minutes or until crisp.

Stuffing Option
For a drier-textured stuffing, toast bread cubes before tossing. Place on baking sheet and toast in a 200 C (400 F) oven for about 10 minutes or until crisp. Let cool before tossing with vegetable mix.



ISTOCKPHOTO/THINKSTOCK

TAKE CONTROL OF YOUR MENTAL HEALTH

IN MANY WAYS, PRESERVING MENTAL HEALTH IS MUCH LIKE MAINTAINING A HEALTHY BODY

Strategies like going to the gym and eating properly help keep you mentally as well as physically fit.

And just like it's up to you to keep your heart and bones healthy, you also have to take control of your own mental health. "You own it; it's your mind, and you need to give it as much attention as you give to your physical body,' says Connie Krahenbil, Executive Director, Canadian Mental Health Association Manitoba, Winnipeg.

Managing stress is a big part of maintaining mental health, and each person has to discover the stress management approach that works best for him or her, says Krahenbil.

"Maybe your thing is going to the spa once a month, or maybe your thing is walking every day." She refers to the parable of the man who mentally hangs his troubles on a "worry tree" outside his house every day so they won't interfere with his family life.

The key is to find the right balance, says Krahenbil. Her own strategy is to make a conscious effort to turn off her Blackberry every evening, to meditate, to be outside in the fresh air, to find time to spend on herself, and to exercise as much as she can. "It doesn't have to be going to the gym; it could be something like gardening."

Getting enough sleep, too, is another "precious" ingredient to mental health, says Krahenbil, who takes steps to avoid sleep "getting behind me" because she knows what that can do to her overall health.

Just as with physical health, it's important to be committed to mental fitness and to incorporate these steps into your everyday life.

Recognizing when you need to "reach out" and talk to someone you trust is also important. Everyone has felt sad or blue at one time or another, but too often, you don't want to bother anyone so you withdraw, maybe cry alone in your room. But when you do talk to a friend, "you always feel 100 times better," says Krahenbil.

Sometimes these strategies aren't enough and you may need to seek out an expert. But this should be no different than someone who has diabetes, who has to see his doctor regularly and take insulin or other medications to treat the disease.

It's important to acknowledge that you have an illness and to accept it. "We all have our crosses to bear," says Krahenbil.

And it's important not to rely solely on medication such as antidepressants to make you well. "The work is up to you," says Krahenbil. "Taking those pills is just half of it, just like insulin is just half of it for a person with diabetes."

– Pauline Anderson

DID YOU KNOW?

JACK HOLLINGSWORTH/DIGITAL VISION/THINKSTOCK

- World Mental Health Day takes place on Monday. This year's theme is "investing in mental health."
- According to Health Canada, one in five Canadians will experience a mental illness in their lifetime. The remaining four will have a friend, family member or colleague who will.

MENTAL HEALTH A BASIC HUMAN RIGHT

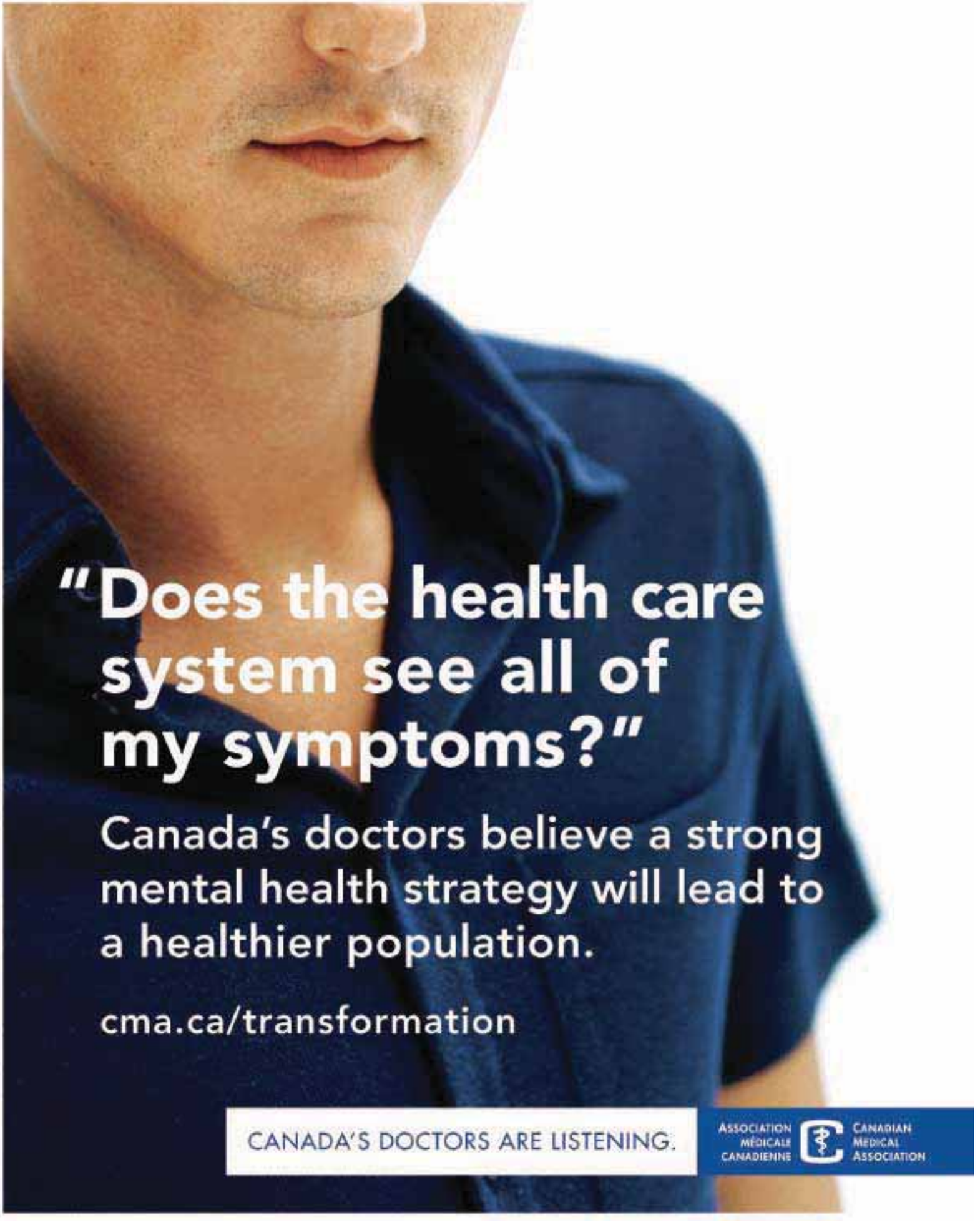
In the future, mental health will be viewed as a basic human right across Canada.

"Just as with physical disabilities and HIV/AIDS, mental health will be linked to human rights, empowerment, dignity and respect," says Peter Coleridge, National Chief Executive Officer, Canadian Mental Health Association (CMHA) Toronto.

Making this happen will need more than merely messages and campaigns "that in isolation, don't have a sustained impact," says Coleridge. It will also require changes in pubic policies, behaviours and attitudes to mental health in the work place, in schools, and elsewhere.

The CMHA vision for the future also includes the 120-plus CMHA regional offices not only continuing to respond to local mental health needs, but also working together in a synergistic way to improve understanding surrounding mental health issues.

Canada will soon have its own a national mental health strategy, says Coleridge.


"Does the health care system see all of my symptoms?"
Canada's doctors believe a strong mental health strategy will lead to a healthier population.
cma.ca/transformation
CANADA'S DOCTORS ARE LISTENING.
Association médicale canadienne
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STOCKBYTE/THINKSTOCK

MINIMIZE HOLIDAY STRESS

It's Thanksgiving, a time to sit down for a traditional turkey dinner with family and friends. Sounds ideal. Trouble is, you're dreading it.

Here are some tips from Sandy Milakovic, Chief Executive Officer, Canadian Mental Health Association, Peel Branch, to minimize that mid-October stress.

LOWER YOUR EXPECTATIONS Remember that things don't have to be perfect.

SET PRIORITIES Pick your favourite thing to do — baking a pumpkin pie, for example — and get other people to organize the rest of the turkey dinner.

ASK FOR HELP (and accept the help that's given). Even very young members of the family can set the table — but don't complain if the forks aren't in the proper place.

BUILD SOME BREAKS INTO YOUR HOLIDAY To avoid being overwhelmed, spend time alone doing something you enjoy.

DON'T OVERINDULGE Alcohol is a depressant and loosens tongues, so you may say or do something you'll regret. And eating too much food can make you feel lethargic.

TAKE DEEP BREATHS This slows you down and allows you time to respond to a difficult situation.

STAY WITHIN YOUR BUDGET Finances are a huge stressor. Consider celebrating the holiday with something other than a sit-down dinner. Spending time with your family could mean going on a hike together.

HELP OTHERS Volunteering at a food bank or donating clothing to families in need are guaranteed to boost your spirits and help you cope with any stressor that comes your way.

THINK OF THOSE WHO ARE ALONE Visit them or invite them over for something like a potluck dinner.

CALL FOR HELP IF YOU NEED IT If the holiday is making you feel depressed or down, call the crisis number in your community. Remember that feeling depressed is normal.

– Pauline Anderson

DELIVERING HOPE FOR MENTAL HEALTH

Canada Post recently unveiled a stamp that has a unique claim to fame. The company issues an annual fundraising stamp supporting mental health, its cause of choice. This year's stamp design was the first in the company's 160-year history to be chosen by public vote.

Last November, a competition was held to find a design for this year's stamp, which raises funds for the Canada Post Foundation for Mental Health. THE PUZZLE — designed by Terrebonne, Que., resident Miriane Majeau — received the most points and now adorns more than 3.5 million stamps available at post offices across Canada. A dollar from the sale of every booklet of 10 stamps is donated to the Canada Post Foundation for Mental Health.

"Dealing with mental health issues is like putting a puzzle together," says Majeau. "As you connect the pieces, something beautiful and whole is revealed."

Since 2008, Canada Post employees have helped raise nearly $5 million for the Foundation, and $4.6 million in grants has been disbursed to nearly 100 non-profit organizations across Canada.

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4 sports

Spirit. Of '67

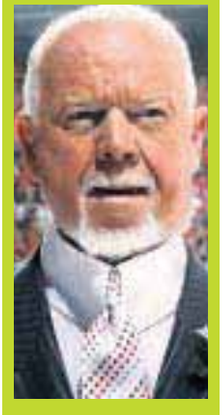
▶ The Leafs' James Reimer prepares to face a shot against the Canadiens Thursday night in Toronto.

ELSA/GETTY IMAGES

Reimer stands on his head as Leafs beat Habs to open season

Matthew Lombardi scored in his first game in almost a year and James Reimer picked up right where he left off as the Toronto Maple Leafs got their season off to a winning start.
Reimer stopped all 32 shots he faced for his fourth career shutout and Lombardi provided the only offence Toronto needed in a 2-0 victory over the Montreal Canadiens on Thursday night.
Dion Phaneuf had the other goal for the Leafs, who also opened last season with a victory over Montreal. THE ASSOCIATED PRESS

Quoted



"The ones that I am really disgusted with ... are the bunch of pukes that fought before: Stu Grimson, Chris Nilan and Jim Thomson. (They say) 'Oh, the reason that they're drinking, (taking) drugs and alcoholics is because they're fighting.' You turncoats, you hypocrites."

DON CHERRY. SPEAKING ON HIS POPULAR COACH'S CORNER' SEGMENT, CHERRY CALLED OUT THE FORMER ENFORCERS FOR SUGGESTING THAT NHL PLAYERS WHO FIGHT ARE PRONE TO SUBSTANCE ABUSE.

Looking for silver lining

Habs forward Max Pacioretty using Chara incident as motivation to be better player

Max Pacioretty may never look at a hockey rink the same way again.

As the Montreal Canadiens winger prepared for his first regular-season game since being slammed into a stanchion on March 8, he made sure to check out the new curved glass installed in that area of the rink during Thursday's morning skate at Air Canada Centre.

The change has been made in all 30 arenas around the NHL this season, a reminder of the devastating hit Bruins captain Zdeno Chara put on Pacioretty, who suffered a concussion and non-displaced vertebral fracture on the play.

"There still is a divider there and there still is the ability to make a vicious hit there and cause injury," Pacioretty said before Montreal opened the season against the Toronto Maple Leafs. "I'm just going to be more aware of my surroundings. They did a good job of making it safer, but still there is a bad area of the ice because of the benches.

"Hopefully, I can get a lot of goals this year."
MAX PACIORETTY

"It's a step in the right direction, but I've got to be cautious and aware of where I am on the ice."

The Habs are viewing Pacioretty as an important part of their team.

He'll start in a familiar position alongside Scott Gomez and Brian Gionta, a trio that was making a big impact prior to Pacioretty's injury. The 23-year-old winger had 19 points (12-7) in 26 games alongside Gomez and Gionta last season, scoring seven of Montreal's 16 power-play goals during that time.

"He means a lot to the line," said coach Jacques Martin. "I think he has the ability to drive wide on defencemen, he has the ability to drive the net without the puck and he's got a good shot. It seems like he's back playing with some assertiveness and playing with some confidence."

In the aftermath of the Chara hit, Pacioretty heard the suggestions from fans and media that he may never return to form. The first-round draft pick from 2007 plans to prove those people wrong.

"It's motivation," said Pacioretty. "My goal is to look down the road and say that this incident made me a better hockey player. That's just the way I was raised, I guess."
THE CANADIAN PRESS

Dolphins lose QB for rest of season

Another loss for the winless Miami Dolphins: Quarterback Chad Henne is out for the season.

Henne decided to have shoulder surgery and was placed on the injured reserve list Thursday.

The Dolphins replaced him on the roster by signing veteran quarterback Sage Rosenfels, who was released by the New York Giants. THE ASSOCIATED PRESS

SAM GREENWOOD/GETTY IMAGES

▶ Chad Henne

Woods returns, but his game doesn't

Tiger Woods returned from a seven-week break and not much has changed.

Woods went 13 holes between his two birdies Thursday in the Frys.com Open and had to work hard for a 2-over 73. That left him in danger of missing the cut in consecutive starts for the first time in his career.
THE ASSOCIATED PRESS

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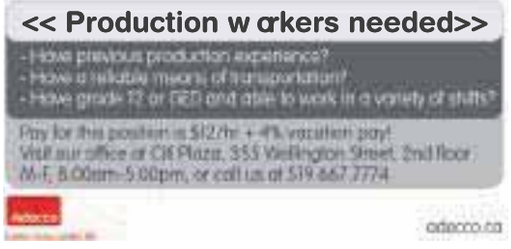
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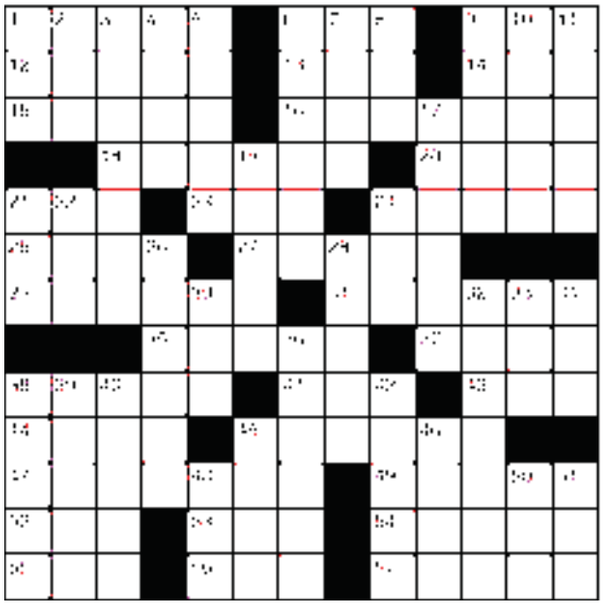
Crossword



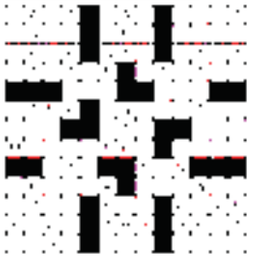
Across

1 Door-frame parts
6 Carpentry tool
9 Explosive letters
12 End, NASA-style
13 "— Had a Hammer"
14 Travail
15 Craze
16 Tropical perennial herb
18 What a hothead may lose
20 "Casablanca" lead
21 — Khan
23 Skillet
24 Unruly hairdos
25 Greedy one's cry
27 Ritzy fiddle
29 Mars, e.g.
31 Zoroastrian sacred text
35 Puts on cargo
37 Urban pall
38 Rural home
41 Chances, for short
43 Storm center
44 Birds, to Brutus
45 Surgical tool
47 "Black Magic Woman" band
49 Mirror's offering
52 Family
53 Trail the pack
54 Money of Jordan
55 Cunning
56 Gorilla
57 Obliterate

Down

1 Predicament
2 "The — Daba Honeymoon"
3 Cyrus alter ego
4 Soft cheese
5 Postage
6 Mum
7 At a distance
8 Triumph
9 Clemens pseudonym
10 (For the) time being
11 Ship-building materials
17 Swaps
19 Rigatoni, e.g.
21 Rock band's need
22 Hodges of baseball
24 Dallas basketballer, for short
26 Sign up
28 Hoarse
30 Lo-o-ong time
32 "The Bartered Bride" composer
33 Plaything
34 Census statistic
36 Time of senility
38 Barrels
39 Use
40 Comic Jack
42 Playground fixture
45 Break suddenly
46 Mideast ruler
48 Chicken-king link
50 Petrol
51 Prior to

▶ Yesterday's answer



Sudoku

5	1						6	2
			2		6			
9		2				7		8
		5	9		1	4		
	7						1	
		3	6		7	2		
4		1				6		9
			5		8			
3	2						4	7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	5	4	2	3	8	9	1	6
3	9	1	6	5	4	7	2	8
6	8	2	1	9	7	4	5	3
5	1	6	7	4	3	2	8	9
2	7	8	9	6	1	3	4	5
4	3	9	8	2	5	1	6	7
1	6	3	5	7	2	8	9	4
8	4	5	3	1	9	6	7	2
9	2	7	4	8	6	5	3	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Junior, I love you baby. Last night walking to the beach and spending some much needed quality time together made my heart warm, I love everything your doing for me and I want you to know that I appreciate it. For once in my life, I really feel loved. Thank you. MWAH! <3 **WINTER**

Green Eyes Green Eyes, I love the way you make me feel ... Out of Control ... yet controlled by you... lets live the present .... Nothing is good for and bad ... .XOXO I neeeedddd youuuuuu ! **LETS GO TO THE BECH!!!**

Goooodd Looookinng; not sure what the issue was but I know this much you always can find better cause better is a camoflage- miss us; our peace, our respect for each other; our great passion; your positive influence, your trust ... just miss us ... **THE ONE?**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today's Venus-Neptune link makes this a great day for friendships and affairs of the heart.

♉ Taurus April 21-May 21 You seem to be enchanted more by things than by people at the moment. Get your priorities right.

♊ Gemini May 22-June 21 Everything looks new and everything seems possible. In short, it's a great time to be a Gemini.

♋ Cancer June 22-July 22 Let others know what you're willing to put up with and what you consider is going too far — and mean it.

♌ Leo July 23-Aug.23 This is the kind of day when you must get out among people and let your exuberant Leo nature light up the world.

♍ Virgo Aug. 24- Sept. 22 If you have fallen out with someone recently, this is the perfect day to make amends.

♎ Libra Sept. 23-Oct. 23 You have so much good karma waiting to be used, and the planets signal this is the time to cash in.

♏ Scorpio Oct. 24-Nov. 22 Don't allow yourself to be intimidated by someone who thinks that ranting gets things done.

♐ Sagittarius Nov. 23-Dec. 21 You will gain more today by doing less — not just a little bit less but a lot less. Sit back and chill.

♑ Capricorn Dec. 22-Jan. 20 Your rivals will be awed by your ability to always finish ahead of them. You're a natural.

♒ Aquarius Jan. 21-Feb. 18 If you're tempted to judge someone of whose lifestyle you don't approve, remember: live and let live.

♓ Pisces Feb. 19-March 20. If someone whose judgment you trust offers you advice, you'd be wise to listen. SALLY BROMPTON

Caption contest

JIM BECKEL, THE OKLAHOMAN/AP

REED SAXON/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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LOOK AGAIN SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

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1. Removed chair under Umbrella 2. Extended pipe on tiled platform 3. Changed colour of tile in bottom left corner 4. Removed lug nut on the 2012 Chevrolet Orlando 5. Inverted colour on girl's dress 6. Added umbrella on beach
7. 2012 Chevrolet Orlando rear light under trunk door turned on 8. Changed colour of bucket girl is holding 9. Removed umbrella in front of the 2012 Chevrolet Orlando 10. Rear wiper positioned up on 2012 Chevrolet Orlando

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